

Keep these pointers in mind to help keep this a happy and healthy holiday season:

1. Start the conversation about underage drinking prevention.

Regardless of how old your kids are, start the conversation with them **now** about underage drinking prevention. They may have more exposure to alcohol during the holiday season - set boundaries and align on your expectations. [Here are some tips for having age-appropriate conversations about alcohol.](#)

2. Be consistent with communication.

Strong, consistent communication with your kids is key. Ensure you and your spouse or partner are on the same page when communicating expectations. As part of regular discussion, ask them open-ended questions to help prepare them for situations where alcohol is present.

3.

For adults, holiday parties may include alcohol. If you're hosting an adult holiday party where alcohol is present, make sure you have other plans for your kids. Should it be an event where all ages are included, remember that your kids are always watching and model responsible behavior.



The holidays provide lots of down time to connect. Teens will often resist your efforts to discuss the topic of alcohol or marijuana but, research indicates that teens list

their

- Legal consequences and cost
- Convey your willingness to help. This is a great time for you to express your love and concern for your child. Express your desire to help if they are struggling with something or find themselves in a difficult situation.

The Conversation: Continuous and Consistent

- Try to ask questions instead of lecture.
- Set CLEAR expectations for your teen regarding alcohol use and hold them accountable to those expectations.
- Continue having the conversation, everything doesn't have to be discussed in a single setting.
- Be a role model – set an example of appropriate drinking behavior in your own life. Sharing stories about your own drinking can send a mixed message to your teen.



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*hardly stand to have the old man around. But when I got to
be 21, I was astonished at how much the old man had learned*
Mark Twain

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